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Prophylaxis
of
Yellow fever & plague
~~1801~~
or of Eastern & Western plagues
deliv^d Jan^y 18. 1802

But

2

V The diet should be reduced, or raised according to the ^{quantity & force of} ~~degrees of exposure to the~~ miasmata, and to the degrees of ^{to which persons are exposed.} exercise. ~~to~~ Mr Webster says most of those physicians who lived very low in the yellow fever of New York in 1798 died. This was owing to their using exercise, disproportioned to their diet. Mr Ellicot informed me of an important fact upon this subject. ~~that~~ During his long residence on the Mississippi and his public business, he and all ~~those of~~ ^{his} companions who lived temperately, were lightly affected by the ^{yellow fever} ~~fever~~ for two years, while four of the officers who attended him who lived plentifully, escaped the fever of the place, & enjoyed

I shall now add a few Observations
upon the prophylaxis of ^{the fever from exhalations} ~~this state of~~
^{to four of the disease} ~~different ones~~ ^{different years according} ~~the means~~ ^{weatherable.} for this pur-
pose are

1 Low ^{or generous} ~~diet~~ ^{should} ~~consisting~~ chiefly of vegeta-
bles: a little salted meat which sup-
ports the strength, without making
much blood, may be taken with
them. ^{fact at Georgetown of Rom. Catholics of salt fish} Mr Bruce says pepper may
be taken in large quantities with
vegetables. It acts upon the sto-
mach without exciting the blood
vessels, & thus prevents its being acted
upon by the miasmata of ^{the} fever.

perfect health. On the 3rd year Mr
Ellicot & his Abstemious companions
escaped ^{an attack of} the fever, but this ^{was} not the
happy lot of ~~the~~ his former officers.
They all ~~at~~ took the fever & died. This
fact shows the balance to be in favor
of temperance, altho' its good effects
may not be obvious the 1st & 2nd years
it is tried.

The ^{fruit} negroes in North Carolina escape
who live wholly on vegetables escape the
humoral fevers of that state. The Bramins
escape the bilious fevers of India while the
^{who eat animal food} Europeans die in regiments around them.

~~The debility~~ This diet acts in two ways; 1st
depletion, 2nd by ^{gradually} inducing debility which renders
the system vibratile to the ~~min~~ impression of
the miasmata: Thus the willow bends to
the wind, while the oak is torn up by the root.

2 Keeping the bowels gently open.

✓ This may be done by chewing Rhubarb

= bars, or by any other purging physic.
It prevented Dysentery in flying Camp, & Westward. Finley

3 Continuing habitual occupations
unless they expose to great heat.

In this case, exercise must be
substituted to them. Fatigue does
not predispose to this fever in per-
sons who are accustomed to it,
provided it is brought on by habitual
labor; - but fatigue from a new
employment is always unsafe.

Eg: a Carpenter, may work without
much danger at his trade from
sunrise to sunset; but he will

+ from p 5

4

women escape yellow fever more than
men because they possess more yielding
or vibratile solids. ^{& low} But to be effectual
should be submitted to gradually
in order to expend excitability.

When submitted to suddenly, it
often induces predisposes to disease.

+ One reason why Creoles escape the yellow
fever is because the climate imports to the
system a femininity by weakening it - in other
words it emasculates the system.

+ They are moreover more temperate than
men, hence less exposed to the sun - hence
Dr Hunter says their lives are twice as
good as the men's in Jamaica.

6
cure the disease by rowing a boat
for two or three hours. —

4 Keeping up a constant perspiration
or rather sweat by ^{flannel} warm cloathing
next to the skin, & by warm bed

clothes. I never heard of a single

person taking the Yellow fever who
carefully attended to this precaution.

It is a constant and gradual mode
of depletion. ^{It is a discharge of the first impurity.} It is equally effectual

in preventing the plague. So true
is this remark that Mr Wolney says

the common fabrication in Egypt

during the prevalence of the plague
is not "how do you do," — but

moderate

5 V₁₂ Uter prevents the fever. In favor
of this practice are the Authorities of Dr
Mitchell of Virginia - Dr. Hishoborn, &
the physicians of St Domingo. —

^{show}
Do sweat freely!! ✓ 7

5 The smell of fresh Earth has often
preserved from this Disease. Very few
of the men who were employed in
✓ digging Cellars, or cleaning the Streets
of Philad^a took the fever in 1793.
Earth on floors to houses ^{as a protection} ~~prevent~~
from the plague, as well as the
yellow fever. —

6 The warm Bath has often pre-
served persons from this Disease.

✓ Exposure to the exhalation of tanpistto
also to the vol: odor from the man-
-factory of Sal Ammoniac: preserved
all the people ^{who} ~~from~~ lived in them

✓ Smoke has had the same effect
According to Mr Bruce & Dr Clark.

But there are many other odors which prevent
pestilential diseases. The smell of tar defended
✓ the shipwrights from the last London plague.

The use of leather bottles made impurities
by tar Brunswick says - prevented the plague
in some Spaniards who as Dr Clark thinks
different liquors from them. ~~but we read in~~ ^{we read in}

~~fact odors~~ Ambrose Paré of a plague
in Italy being checked by killing all the cats
& dogs of the place & suffering them to putrefy
in the streets. ^{all} These odors seem to act in one

of 3 ways. 1 Creating a counter action in the
system by this stimulus upon the ~~the~~ nose. 2
saturating the atmosphere, so as to prevent
its retaining pestilential exhalations, or 3

destroying them by means of a chemical
mixture. ⁺ The Island of Ternate in I
was healthy while cloves ^{tree} grew there but sickly when cut
down.

Neighborhood in the year 1798.
 There was not a single person who used
 the plentiful use of Garlic in diet.
~~has been~~ or otherwise in Philad.
 in 1793 who was affected by the fever
 of that year. It is to be lamented
 that this ~~excellent~~ vegetable affects the
 breath with so disagreeable a smell. I
 have been puzzled to find out the reason
 why the Author of this nature who
 has endowed ^{this vegetable} it with so many excellent
 qualities ^{for} diet & medicine, should
 have stamped upon it such a
 disagreeable smell. Perhaps the reason
 kindly to force ~~it into~~ it into
 was ~~that~~ ~~it might~~ it might be
 universal, ^{ripe,} for it is unarchable.
 that the smell of it is insupportable

✓ The Pyramids of Egypt says Sir
Wm Temple were built by garlic.

That is ~~the~~ garlic was the principal
part of the diet of the men who
✓ built them. It was ~~one of the~~
^{which supported} diet of the Children of Israel beneath
^{small} the labors of which they underwent
in Egypt, & so agreeable did it become
to them from habit, that they languished
for it while they were rioting upon
quails & manna in the wilderness.
Garlic was ^{part of} the food of the Roman
in the time of Harvest. Hence the
words of Horace "O! dura meponum illia".
& again of Virgil.

"Thy stylis et rapido, fepis meponibus ostie,
allia, & Sespylleumque herbas, contundit
olentes."

to those use it. It ⁹ appears to be that
cordial in diet, ~~and the for which~~ and
that restorer from ^{the} fatigue ^{of labor} ~~from~~ ^{ch} for w:
opium - Ardent spirits & Tobacco are
but feeble ^{& unsafe} substitutes. Nay more - it
appears to be that preservative
from disease, ~~for~~ for which most
of the articles of the materia medica ^{(in the present manner}
^{of using them)} are less certain remedies. ^V

9 ~~Below~~ Two persons who took a
table spoonful of Sweet Oil every
Evening escaped the fever of 1798
in Philad^a. ^{misery} The Stomach is perhaps
primarily affected by the miasmata
of this fever. The Oil either protects
it mechanically, or destroys it by

Diff.ⁿ of local situ.ⁿ as to hills -
Schedule Sea Coast & Salt & fresh water
greatly alter disease in fall.

Summer, &

On dissections of Anterior in the U.S. States. Colon
different grades from iron to iron

I name them $\frac{1}{3}$ or $\frac{3}{4}$ of all $\frac{1}{2}$ year
now into each other. or totally distinct by $\frac{1}{2}$ year
Cleveland only #

mountains Thier larvae - perfect at distance
hills from & then - from elevated abstracting views from distance. or
Bismarck-water, drink. Saturated air - as in Vienna
Vol. 3 p. 280 x Philad - - perhaps from earth - certain

#281.
Low ground after earthquakes, but chiefly putrefaction
occurs in spring & winter from
contaminated water. Diseases of the
water. They follow cleaning but disappear after cultivation.

bowels first - then appear - Anticipate
 borrow from west Indies & Egypt - same - Vanswieten.
 O7 never in ~~prevalence~~ 180 - Vol. 11
 as they affect
 a sickly time of
 Annals. Vol. 11. p. 118 of Apr. 1713 not in sickly times - Rainy
 communities. Removing filth - by
 as in Africa (a) 123
 true - Public
 vaccination, or

as in Africa (Vol. 123) but - 1 inch
1. Conflux of water &c 2 by excision, or
Ambrose Lang; meadow ground Agriculture -
dilutions - clearing ^{land} & rivis - story of Oxford
up dis - London how else? p: 122 # Vol: III
The ... of ... in diseases of

Holland &c. Nottingham as in diseases of
our Adams, fact. misochthous and misochthous
using them.
I have said nothing of Quarantines &c
Local University 123 + Vol. 11.

2 Generations as to Individuals 180.
but first progenitors - p: 162 & 179 Vol: II
not often - after plentiful years progenitors, Vol. III. p: 297.

gunpowder, liable to be set on fire by a
passing stream of that Gas & exit Houses.

Ah! devoted City! Ah! devoted people! ~~Let us~~
The Cities of Europe have ^{been devoted} suffered in vain for our guarantee
cease to pity the ^{benefit} great is the ~~calamity~~

of the United States? we have ^{rolled over} received the
~~traces~~ ^{errors} of ignorance across the Atlantic, &
received them in European ports. If such

be our infant prejudices, what will
they be a century hence —. Alas I see our
~~cities deserted~~ ~~our~~ ~~with golden grass~~ covering

the streets of our cities & Villages — great is
the fear of the "why don't do I think check
fear? destroy by mixture & new action or 3 uniformity of
action like drunkenness." in Egypt

inhabitants of whole provinces &
The Comatose ~~and the mild sickness~~
~~and the~~ sickness and die ~~in~~ from the exhalant
the bill without instructing us ^{to} avoid the cause
of calamities. — Ah devoted ~~people~~

World ^{has} awake from long slumber
on the subject of Contagious Diseases

V also meeting the body, be

mixture. The fat of pork protects
 the men who work in the lead
 mines ^{in England} from the disease which
 that metal is so apt to bring on
 the bowels & nervous system. a
 ✓ poisoned arrow will not injure
 a hog if it be arrested by the
 fat which lines his sides. The
 strongest acids are blunted by oily sub-
 -stances. -

10 Washing the body every morning
 ✓ & evening with salt water has
 often preserved from this fever.
 Moses Bartram's fact. ✓

11 Anointing the body with palm
 oil it is said preserves the natives

V Laid says a Stryman in Holderness
informed him that all those farmers who
rose ~~early~~ and went out early to work
were short lived. ^{on the contrary} ~~too~~ midday wines, who
from going out ^{so much in the middle of the} at night have been called
mother midnights, are generally healthy
& long lived. This difference between the
morning, and ~~the~~ evening, and ~~any~~ midnight
air deserves attention. Perhaps more facts
may be discovered of which may throw light
recommended the subject to further observa-
tion. —

of Africa from the fumes which are
 generated on the rivers of this
 country. ^{no} ^{oil} man died of the plague in 4
 years in Egypt in wth 100,000 people. Baldwin.
 12 ~~of~~ 25 watchmen ~~but~~ who
 exercised their offices during the fumes
 of 1793 but 3 or 4 died. was this owing
 ✓ to the ^{greater} ~~dangerous~~ ^{purity} of the midnight air,
 for they never enter upon duty till
 all the miasmata are deposited
 on the earth, & they return home
 before the sun begins to ^{act upon} ~~exalt~~
 them so as to raise them in
 the atmosphere. ✓ The fact however
 explained, deserves attention.

13 ~~The~~ ~~Seignior~~ Ulloa in his travels
 ✓ thro' Cuba, says that the Spaniards

31 The Trade of tar. Shipwrights escaped
the great plague of London. The tar bottles
of the Spaniards kept them from plague.
Van der Wiclen. 38
vol. 16.

32 Tobacco used with success by
Dienisbroek. Dⁿ 39.

Varro in his treatise upon Agriculture
mentions a curious fact upon the means of
preventing pestilential diseases. His name like
Varro a Roman General ~~was~~ was exposed to
with a large fleet & army in at Corcyra to a malignant
fever. He discovered the course of the miasmata
which produced it to be from the south, & in consequence
of which he fastened up all the southern windows &
doors of the houses in which his troops were quartered
& opened new ones to the north, by which means
he preserved his troops from the fever & while it
prevailed in all the other houses of the neighbour-
hood. — Mr Howard advises doors & windows
to be kept open only during the shining of the sun.

I have thus gone: delivered to you the result of
all my reading - Observations & reflections upon
fevers from exhalations. When you consider
how great a proportion they constitute of all
the fevers we meet with in common practice,
(amounting probably to $\frac{1}{5}$ in this country)
^{more especially} when we include in them besides the Can-
-thermal forms of fever - the different forms
of intestinal fevers such as Colic - Cholera morbus,
Dysentery & Diarrhea, - you will not I hope
complain of the extensive time I have taken
of them. There was a time ~~once~~ when I
believed the malignant forms of these
diseases ~~would~~ ^{would} cease to be the objects
of ~~medic~~ the Attention of a physician - for
I could not conceive it possible that
our Citizens could be resisted the power-
-ful ~~argu~~ facts & arguments which have
been laid before ~~to show~~ ~~there~~ them to

prove that those mortal forms of fever
were of domestic origin, & of course that
they would immediately remove the
causes of them. But Gent: I have found
old errors to be more powerful than
upon this subject, I have for some time
new truths, and I have for some time
publicly
past, ceased to combat them, ~~publicly~~
the grave has ^{in triumph} smiled at the efforts of science to lift
~~up the subject of the yellow fever.~~
the number of its prey.
To such gentlemen as wish to see the profession
of medicine, still a popular & lucrative business,
this acknowledgement cannot fail of affording
some consolation, especially when they
connect with it the growing prejudices against
some of ~~most~~ the
the ~~only~~ powerful and successful remedies
in the materia medica. The more certainly,
and speedily we cure a disease, the less the
compensation we receive for it, - but the
more we suffer ~~from~~ acute diseases to protract
themselves into chronic ones by neglecting to

prevent them in their forming state, or to ~~undo~~
cure them in a few days, the ~~more~~ greater
will be the emolument of our profession. —

Persuade therefore Gent: in ² studies — anticipate
wealth and independence from your business —
— Perpetuate your profession in your families,
for — the present state of public opinion
among both physicians & legislators, autho:
— induces us to believe ^{that plague pestilence will} ~~fewer of every kind from~~
~~keep pace with war and tyranny~~ continue
to be the punishment of ignorance & vice
in our country, ^{& a source of emolument to physicians,} perhaps for centuries to
come. —

15 all exciting causes should be carefully
~~avoided~~ avoided, such as cold, heat, ^{from great fishing} fatigue,

✓ Intemperance in eating & drinking &
 or sudden
 luxury - also ~~passions~~ great emotions
 and passions of the mind. New Aliment
 of any kind should be tested cautiously.
 Remember the fact of mushrooms & French Salad.
 The stomach is shy of new liquors & wines.

✓ It is of the more consequence to
 attend to this direction, as the disease
 is seldom produced, without the concurrence
 of an exciting cause.

✓ I have not found a single instance
 of Tobacco preventing the disease. ^{many} Perhaps
 people who used it in every way had the
 fever in 1793. Perhaps it would be more
 effectual in persons not accustomed to it.
 Dismemberment furnishes a solitary exception.

when a little wetted, plunge into a river, ~~and~~ whereby they avoid taking the fever of that Island. Now

The Africans do the same thing.

~~Does the~~ shall we explain this fact?

- Does the light wetting ^{attract} ~~retain~~ the miasmata, & does the plunging into the water, wash them from the body, ^{case,} - or does the cold water in the latter ~~case~~ produce such a reaction in the system as to fortify it against the impressions of the

Dr Christy says the negroes

miasmata

at Demerara escape the yellow fever from being constantly naked. Carriers at Cape Volney.

14 Dr Gallager opened a blister over

his arm which he kept removing

During the fever of 1799, and the

supposed he it protected him from

the yellow fever. Dr Beach was protected from the bilious fever by a seton in his side.

- of both the ships
- 1 Run over - in water. See Holland & America
 - 2 Draining - digging holes - or covering with bed of grass
 - 3 Destroying ~~in water~~ avoiding water
 - 4 Throwing - in water. See the water.
 - 4 ~~Other~~ quarantines to come: in water.
 - 5 Opposing ~~in water~~ from River & down
 - 6 ~~with the following~~ Channing

RH
/

Disco to meet the ^{Swamp} State The
no quarantine
can flag
populat: increased

To believe it to be possible is
to reject the dictates of reason
& the ~~reasons~~ of the senses,
to yield oneself up to the
imp: of an indolent faith
the magnificent word
sub: import to the fatal
of The Furber & To

He adds that he was ¹⁵ called to attend the
Labourers at the Onondaga Salt Spring in
York State, & that out of 100 but two
escaped the bilious fever. One of these
two had a running sore on his leg, the
other a scald head. The discharge from these
sores & his issue were more copious at
the time the fever prevailed, than at any
other.

James Stevens letter to Dr Barton

Jan^y 12. 1801.

16 Living in the upper story of a house preserved
from the yellow fever of St Lucia. Christ Church.
Birds die in the first & survive in an upper
story during the prevalence of mortal epidemics.
17 a whole parish where a quantity of
pruniper grew escaped a malignant fever
about ~~the~~ the time of the restoration. It is said
when burnt to prevent the small pox.
18 Those Russians who took ~~of~~ ^{escaped a} ~~and~~
malign fever which prevailed on board a
Russian ship at Plymouth in 1771.

15. There is ~~an~~^a prophylactic
 remedy against this disease, and
 which I shall not recommend to
 you, & that is Dumehours's. Two
 persons, & one of them a physician,
 who were constantly exposed to the
 miasmata of the
 yellow fever in 1793 were preserved
 from it by being constantly in a
 state of intoxication. Should any
 of you ^{the} incline to adopt this preven-
 -tive, let me charge you to avoid
 above all things
 - being sober for a single hour. The
 - Death sickness, & death are inevita-
 - ble ~~in~~ where as the shortest interval
 takes place between ^{the stimulus of} ~~intoxication~~

- The same medicine preserved a man above
30 years at Batavia where one half the
new comers die the year after their arrival.
The ζ is taken in these cases till it affects
✓ the breath or is felt in the gums. I ordered
to Skillington's family to prevent the
sore throat in Jan^y 1802. —

20 great water drinkers have sometimes
escaped this disease.

taking ζ in small
quantities. Priston's fact.

~~21 we read of in Ambrose Paré of a
great plague in Italy being checked by
throwing all the dead dogs cats &c into
the street where their odor corrected the
the factor of the great Disasters do the same in Spain. plague rare in Spain.
cavalat &c produced the disease. perhaps
saturated the air. or destroyed miasma which by Chim^y attraction
22 an earth quake once checked the plague,~~

at Oerakow. Had no effect on the diseases of Barbadoes.
Hillary

23 The gas discharged during a vitriol
✓ from fermenting wine it is said by Van Swieten
once stopped a plague at Misselle Vienna.
24 Taking a piece of salt water & of salts

Run to the grade of intoxication
^{the} and perfect use of the senses, and
limits. —

means

The ~~Remedia~~ for preventing the
common bilious & intermitting fevers
are nearly the same as for preventing
the yellow fever. The diet only should
be different. It may be generous,
so as to surpass in its stimulus
the ^{or} eniasmata of the disease. This
cannot be the case ~~except the~~
~~diet be intemperate~~ when we wish
to prevent the yellow fever - for
the stimulus here transcends ~~the~~
any diet that does not rise to glutting

or intoxication

^{Dr Gregory has used to tell}
~~do to his patients~~
his pupils out of 25 English students who were at Leyden
with him but one person had an intermitting fever which was
arisen - he drank water only.

prevalent Dysentery in the Camp in West
County. Wm Lindley.

25 Catholics escaped Dysentery in the night
of Chester town in 1801 - ~~the former~~ While
Protestants had it - owing to the former
living upon Salted fish During the summer
& autumn.

26 Living in upper stories of houses protected
from the yellow fever at Lucia, ^{see 30} Chisholm.
Vol. II. p. 136

It is said that Birds live in upper & die in
the lower stories of houses During the prevalence
of plagues. windows open only when the sun is up.

27 not fasting too long or often. Catholics
for this reason more subject to plague
than Protestants. Howard.

Keeping fires constantly in sickly season tho' ever warm.

28 Persons who live ~~on~~ near gardens & vineyards
in Minorca, and live at freely of figs & grapes

escape the autumnal fevers. Cleghorn p 195

great fires harmful. Spread plagues. Vard.

29 great heat in winter Vol: 5. 228 sequel de

30 Rest & shutting up acts in this way. Observation.

existing causes. ~~Did~~ want of business ~~is~~ in Philad^a in 1802